

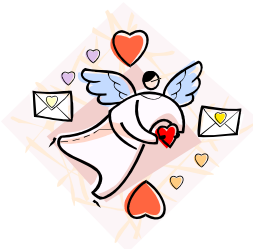


# Pullman Senior Citizens Center

325 SE PARADISE, PULLMAN, WA 99163.  
Senior Center: 332-1933 or Lee Paul: 338-3307

## January 2006

- 1st Day to Register for Trips 1/3
- Supper Club: The Pantry 1/4
- Autobiography With AI 1/5,12,19,26
- Moscow Mall Trip 1/5
- Health Topic 1/5, 1/12
- Yoga 1/6-1/30
- Birthday Party & Music 1/7
- Mamma Mia 1/7
- Old Time Fiddlers 1/9
- Potluck 1/10
- Business Meeting 1/10
- WSU Fine Arts Museum 1/11
- City Hall Closed 1/16
- Rainbow Dance (Beasley) 1/17
- Jr. Miss Prep 1/18
- Jr. Miss Luncheon 1/19
- Red Hats 1/19
- Movie: "The Aviator" 1/24
- Wild at Art 1/25
- Adventures in Africa-Gloria 1/31



**Volunteers are the heart of  
the Pullman Senior Center!**  
Thank you.



**Tree Decorators! Pat Hudak, Celia Fockler, Jim Hudak.  
Not shown: Lois Castleberry. Thank you, the tree  
looks beautiful!**

**Thank you Darrell and Betty Beinz for your kindness  
in donating the lovely Christmas Tree for us to enjoy  
at the Pullman Senior Center!**

**Good luck, good health, to all for a joyous, and prosperous  
2006 New Year!**

### 2006 Parks & Recreation Brochure

Be sure to take a look at the new 2006 Winter/Spring Parks & Recreation brochure for new, fun, and interesting activities and trips coming up from January through May.

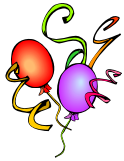
If you see something you like, register early to secure your place! **First day to register is January 3, 2006.**

Register by mail or walk in or with a credit card over the phone with Lee at 338-3307 or Recreation at 338-3227.

If you wait until the last day to register, often the trip or activity is already filled.

**As always thank you for choosing to participate with  
Pullman Parks & Recreation!**

A Happy  
New  
Year!



# PULLMAN SENIOR CENTER

## JANUARY MENU

Mon. 3 City Hall Closed  
 Fri. 6 Tuna Casserole, veggies, bread, dessert  
 Mon. 9 Chicken, potatoes, veggies, salad, roll, dessert  
 Fri. 13 Tater Tot Casserole, broccoli, salad, fruit, dessert  
 Mon. 16 Closed - Martin Luther King Day  
 Fri. 20 Cooks Choice!  
 Mon. 23 Pork Loin, potatoes, veggies, salad, roll, dessert  
 Fri. 27 Turkey Tetrizzini, veggies, salad, carrots, dessert  
 Mon. 30 Chicken Ala King over Biscuit, corn, salad, dessert



## Let's Go to the Movies! "The Aviator"

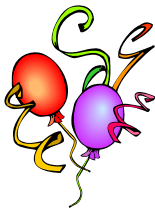
**January 24, Tuesday 1:30 pm**

The Aviator takes us from Howard Hughes' early days as an aviation pioneer and moviemaker to the flight of his massive seaplane "The Hercules, aka Spruce Goose, which signaled the beginnings of his decline into dementia. Starring Leonardo Di Caprio. Biography, Drama.

Serving popcorn and pop. **Free for Members.** Transportation is on your own. Senior Center

## JANUARY BIRTHDAYS

Kay Kronemeyer 1/1  
 Eleanor Larsen 1/2  
 Gretchen Eppel 1/2  
 Pat Alarcon 1/2  
 Leo Alarcon 1/3  
 Joann Ailor 1/5  
 George Scott 1/6  
 Violet Scott 1/6  
 Jack Carloye 1/7  
 Tania Dreyer 1/14  
 Esther Spencer 1/6  
 Vicki Emerson 1/15  
 Rita Swindal 1/7  
 Samantha Petri 1/9  
 Jean Kudaishi 1/11  
 Leneva Harris 1/16  
 Penny Reisenauer 1/16  
 Zoe Jersak 1/18  
 Barbara Kirschner 1/19  
 Al Halvorson 1/22  
 Christine Engle 1/25  
 Ruth Westbrook 1/29  
 Gloria Escobar 1/30  
 Hedy Herrick 1/31



## Live from City Hall - "Healthy Topics & Lunch!" January 5 & 12, Thurs. 12:00 pm Free!

Let's help each other move toward a healthier lifestyle through this interesting and fun program. Join us the 1st & 2nd Thurs. at noon for a healthy topic provided through The City Wellness Program.

Bring a lunch and watch an informative and motivational DVD with discussion and handouts afterwards. Program hosted by Karen Sires, Human Resources, and Lee Paul, Senior Coordinator. Topics Include: January: Weight Management

## Festival of Dance Presents: Rainbow Dance Theatre January 17, Tues. 6:15 pm

Rainbow Dance troupe shows an exotic feast for the senses...a stunning performance! The company celebrates diversity with its virtuosic style that fuses West African Dance, Haitian, Hip Hop, Asian, Modern Dance, and Martial Arts creating a rainbow tapestry of movement.

Registration by January 9. Home pick up starts at 5:15 pm and we leave City Hall at 6:15 pm.  
 Location: Beasley Coliseum Fee: \$37

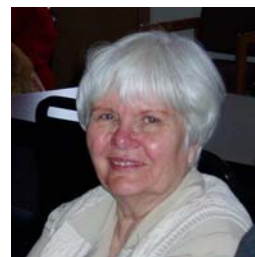
## "Adventures in Africa" by Gloria Fischer January 31, Tues. 1:30 pm

Join your travel buddies and Gloria as she presents her African experiences. Senior Center. Free!

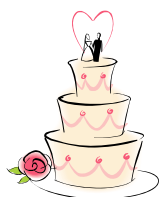
## Senior Spotlight



Who's in the senior spotlight? Jocene Burnham! I was at home on a small irrigated farm in southern Idaho near Paul, Idaho during the depression years. Times were tough so we needed to diversify the farm. Father used horses to operate the farm. We raised row crops consisting of potatoes, beans, alfalfa and some grain crops. We had some desert pasture land which allowed us to maintain ten to fifteen Holstein cows which father milked each morning and night. The milk was sold to the cheese factory. We also sold pigs and eggs. I cannot recall a time when farm chores were not part of my life.



My father's greatest desire was that one of his children would study music. Being the only girl out of seven children, I was elected. I began playing the violin when I was five years old. I also played the trombone. I was a member of the Southern Idaho honor band throughout my high school years and played in a band which played for events in our area to earn my spending money.



My mother's passion was to see all of her children receive a college education. When I finished high school in three years in order to marry my high school sweetheart, mom asked us for the promise that I would finish my schooling.

My husband Richard (Dick) Burnham and I farmed in Cul-de-sac, Idaho for six years. Dick then bought a business in Troy, Idaho. Dick and I had a son and three daughters. When the three older children were in school, I enrolled at the University of Idaho and completed my degree in 1965. I taught school at Lena Whitmore Elementary School for the next 33 years. My husband owned and operated Gem Gas Co. for a number of years before he took a position at Washington State University at the Physical plant. Dick was killed in an accident in 1992.



While living in Troy, I bowled with Arvo Smith's wife and became acquainted with her family. After his wife died in 1998, Arvo and I met again at the school where I worked and discovered that we had many common interests. Since that time we have enjoyed sharing many activities together including trips and functions at the Pullman Senior Center. We also share a little Jack Russell Terrier named Little Bit who spends part of her time at both of our homes.



After retiring in 1999, I taught an education class at the University of Idaho for two years. Today I am delighted to be able to continue supervising student teachers on a contractual basis. This has allowed me to continue working with young people which is one of my great joys in life.

Jocene is a member of the Pullman Senior Center and has volunteered as co-vice president for the year 2006! Thank you Jocene, we appreciate you!

### Your Newsletter Label

Please take a good look at your newsletter label to see if the information is correct. If we have misspelled your name or made errors in your address, please let us know. Otherwise, such mistakes will keep going and going. Please also check the renewal date shown in the upper right corner of your label. With the exception of those who have paid in the last three weeks, this should be up to date. If not, please tell us.

Our thanks to the 130 individuals or families who are paid up members beyond January 2006. If you are one of the 117 individuals or families (as of December 5, 2005) with renewal date listed as Jan 2006, we look forward to your membership renewal and support. Your check for \$10 (\$20 per couple) can be mailed to Pullman Senior Citizens Association, 325 SE Paradise St, Pullman, WA 99163. Alternatively, you may pay in person Mondays and Fridays from 11:30 am – 12:45 pm or on Tuesdays during December and January from 9:30 am until noon.





### **THANK YOU TO ALL OUR VOLUNTEERS!**

All of us at the Pullman Senior Center extend a great big thank you to all our volunteers that have put in 20+ hours throughout the year! Our end of the year volunteer recognition party was a surprise and a delight as everyone boarded the bus and reaped the benefits of their time and effort to the Senior Center all year long. They enjoyed a wonderful time at the Hilltop which included, the Palouse Community String Quartet playing Christmas Carrol's, lunch, cake, and Santa!

L-R, Front Row: Gloria Fischer, Carole Johnson, Judy Crotteau, Beverly Cook, Esther Spencer, Lee Paul

L-R, Middle Row: Jim Hudak, Pat Hudak, Florence Broderick, Betty Frykman, Jean Kudaishi, Eilene Ankerson, Celia Fockler, Millie Bierhorst, Ann Reynolds, John Crotteau

L-R, Back Row: Stan Holloway, Margaret Holloway, Roy Johnson, Dennis Wilson, Angeline Bauer, Bob Foster, Irene Simpson, Corabelle Smith, Roger Spencer, Elizabeth Gabe.

Mayor Glenn Johnson came during our Monday Dec. 5, COA meal and recognized our volunteers with a wonderful speech. Later each volunteer was presented with a pen engraved with "Pullman Senior Center" on it.

Thank you to the volunteers unable to make the program, Audrey Cain and Hazel Jahr.

# PULLMAN SENIOR CENTER



## **Supper Club: The Pantry-Moscow Jan. 4, Wed. 5:00 pm**

Home pick up starts at 4:00 pm. Cost of your meal is your own. Fee: \$2.

## **Jr. Miss Luncheon**

The Jr. Miss luncheon is set for Jan. 19, Thurs. at 12:00 pm. The prep work is Jan. 18, Wed. at 1:30 pm. If you are looking for volunteer work this is a good time to help.

**Red Hats** Meet Jan. 19, Thurs.  
10:30 am. Senior Center.



## **A Look at Fine Art Museums Museum of Art WSU January 11, Wed. 10 am**



Join us for a tour of the WSU's Fine Arts Museum. Lunch is at the Basilio's and cost is on your own. Home pick up starts at 9 am and we leave City Hall at 10am. Register before Jan 6. Fee: \$5. Location: Pullman, WA

This is the first in a series of 4. We will begin right at home! Other fine art museums we will tour are at Lewiston, ID and Spokane, WA during the next three months.

## **Let's Start Our New Year Out With Confidence!**

**As members choose from any or all of these free healthy programs.**

**Coliseum Walk Mon. & Fri. 8:30am**

**Let's Move Mon. 8:30 am**

**Fitness with Dennis Tues. & Thurs. 8:30**

**Fit & Fall with Carole Mon. & Fri. 11 am**

**Yoga**

**Health Topic**

**Mon. & Fri. 9:30 am**

**1st & 2nd Thurs.**



## **Uncover the Mystery to Writing Your Autobiography Guidelines Acquired by Al Halvorson January 12, 19, 26, Thurs., 10am**

Imagine finishing the first chapter of your autobiography, or polish one already started! Al's guidelines will give you a jump-start! What a perfect gift for your grandchildren. Al Halvorson has written his autobiography for his grandchildren, and has put it into book form. Upon request, he is willing to share his techniques with you.

Discover how to start, organize, do a brain search, gather data, and learn sequencing. Al will help you assess short trial writing on your life event. Senior Activity Room Free to members.

## **Wild at Art Presents: Let Your Creativity Flow! January 25, Wed., 10:30 am**

Come and experiment with mixed media, i.e., acrylic, watercolor, collage materials etc. and spend time relaxing with your friends. Or just come and discover what's available.

Joan Alexander opened a new art studio where you can drop in anytime to play or sign up for various art classes such as, pottery, painting, collage, pencil drawing, a study of the world's greatest artists, etc..

Let's go see what it's all about! Supply fee: \$5 for the Mixed Media activities or paint a piece of pottery for a little extra.

Home pick up starts at 9:30 am and we leave City Hall at 10:30 am. Lunch is at Mikey's Gyros; cost is on your own. Register before Jan. 20. \$6 (see supply fee above) Location: Moscow

PULLMAN SENIOR CENTER  
325 PARADISE Rd. City Hall  
PULLMAN, WA 99163-0249

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## **PULLMAN SENIOR CENTER INFORMATION**

### **SENIOR ASSOCIATION**

#### **Co-Presidents**

Elizabeth Gabe  
Don Mertes

#### **Co-Vice Presidents**

Jocene Burnham  
Ann Reynolds

#### **Treasurer**

Roy Johnson

#### **Secretary**

Corabelle Smith

### **Location & Mailing Address:**

325 SE Paradise, City Hall, Pullman, WA 99163

### **Monday & Friday Walking & Lunch Pick Up**

Call Judy Crotteau at 509-332-1933 to sign up.

### **Senior Center Van Drivers**

Rick Stephens & Dennis Wilson Cell:509-595-3879

### **Senior Program Coordinator**

Lee Paul 509-338-3307

### **Board Members**

Lois Castleberry  
Mary Cole  
Beverly Cook  
Judy Crotteau  
Line' Estergreen  
Jalinkka Fountain  
Jim Hudak

### **Pullman Senior Citizens Association & Senior Center**

Information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call: area (509) 338-3307 Membership dues are \$10 annually.

### **Senior Citizens Mission Statement**

Our purpose is to promote the social, cultural, spiritual, economic, physical, and mental well-being of the citizens of the community with particular attention to the older age group.